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Fashion with a focus on trees

Born out of Regina, clothing line Ten Tree Apparel plants 10 trees for every shirt purchased

PAGE 3

REVELLING IN ESCAPISM

ACTRESS RACHEL NICHOLS STEPS INTO SCI-FI DRAMA AS A COP FROM 2077 PAGE 8

REGINA metro®

Monday, May 28, 2012

News worth sharing.

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Premiers to talk energy and Mulcair

Meeting. Western premiers Brad Wall, Alison Redford and Christy Clark to work on energy strategy

The environment, energy and federal NDP Leader Tom Mulcair are on the agenda Tuesday when leaders of the western provinces and territories get together.

"There is going to be an emphasis on environmental regulation," said Alberta Premier Alison Redford, who will host the meeting in Edmonton.

Redford didn't refer to Mulcair by name, but said: "My expectation is we'll probably speak a little bit about the view that other national leaders have taken of western premiers in the past month or so, so it should be an interesting discussion."

Mulcair made headlines recently by saying strong growth in the petroleum industry, particularly in Alberta's oilsands, has led to a higher dollar that is hammering manufacturers in Central Canada.

Premiers Redford, Brad Wall and B.C.'s Christy Clark disparaged Mulcair's remarks as divisive and ill-informed. He in turn dismissed the premiers as "messengers" of Prime Minister Stephen Harper.

Redford said her goal is not to divide, but to unite under what she terms a Canadian energy strategy. The plan would be for all provinces and territories to work together with the federal government to advance development of Canada's energy industry and address environmental protection. It would include, for example, working to improve rules and regulations, collective lobbying in the global marketplace and shared responsibility on trans-boundary projects such as pipelines.

Harper has said he's intrigued by the idea, and Natural Resources Minister Joe Oliver said, while in Edmonton on Friday, that he supports "a collaborative approach to energy development."

THE CANADIAN PRESS

On energy

"British Columbia wants to talk about families and community development and Premier (Brad) Wall and I want to continue to advance the Canadian energy-strategy agenda."

Alberta Premier Alison Redford

NDP and oilsands

- **Poll.** A Canadian Press Harris-Decima poll released Friday suggested Canadians are split on whether NDP Leader Tom Mulcair is correct in his view of the oilsands and their effect on the economy.

THREE IN A ROW

Brendan Lunty crosses the finish line first at the Saskatchewan Marathon in Saskatoon on Sunday. It was the third-straight victory for Lunty. Story, page 2. MORGAN MODJESKI/METRO IN SASKATOON

New hope for film industry

Optimism prevails within film community as a new minister takes over PAGE 2

Missing kids in Mexico

Winnipeg pair kidnapped in 2008 were reportedly kept in home with barbed wire PAGE 4

Mom shaming gone wild

Has the criticism of mothers and their parenting practices gotten out of hand? PAGE 10

1

NEWS

On the web

The proposal heard around the world

Portland actor Isaac Lamb is getting a whole lot more than he bargained for. Since he posted his flash-mob-meets-lip-sync marriage proposal on YouTube six days ago, his romantic gesture has been viewed almost two million times, received international attention and been called the "greatest marriage proposal ever." Watch him get his girl at metronews.ca.

Mobile news

What defines sugar? It's getting to be a stickier question, and the fight over the answer has taken a bitter turn. Scan the code to read more.

Film industry excited about Wall's cabinet shuffle

Looking beyond tax credit. New minister expresses willingness to work with film community

All in good time

"I'm brand new, not only to cabinet but to this ministry and this portfolio, and I need some time to get my head around all of the different issues."
Kevin Doherty, minister of parks, culture and sport

MORGAN MODJESKI
Metro in Saskatoon

As Kevin Doherty takes over as minister of parks, culture and sport from Bill Hutchinson, members of Saskatchewan's film industry expressed optimism about the change.

Bob Crowe, with the Saskatchewan Motion Picture Industry Association (SMPIA) and co-president of Angel Entertainment in Saskatoon, said he believes Doherty will keep talks open between the industry and the province.

"It wasn't a shuffle, it was a complete organization of the team around (Premier Brad Wall)," Crowe said. "Overall, I'm fairly optimistic that he's closer to having it right with this team.

"You could see Minister Hutchinson had lost support from a large part of the people who he was supposed to be representing, and I don't think that's a viable position for a minister to be in for very long."

Crowe said even though the Saskatchewan Film Employment Tax Credit (SFETC) is gone, he feels Doherty is willing to co-operate with the industry to find something that works for both parties.

"I think he's been very clear that the film employment tax credit as it was constituted is gone and not coming back, but I think he is open to creative solutions and looking to the industry to bring those solutions to them," Crowe said.

David Cormican, a SMPIA member and head of development for Minds Eye Entertainment in Regina, agrees with Crowe.

"I think it signals change," Cormican said. "I've had some dialogue already with Mr. Doherty and from what I've heard and what he's said, I think there is a willingness to move forward."

Doherty has said he's keen to work with members of the film industry to find new avenues of funding, but affirmed that a refundable tax credit is off the table and the SFETC will be eliminated by the end of June.

"I'm brand new, not only to cabinet but to this ministry and this portfolio, and I need some time to get my head around all of the different issues," Doherty said. "But what I've said is I'm more than willing to sit down with representatives of the industry and see if we can find some new ways of looking at things."

Doherty also defended Hutchinson, saying he felt the minister made himself accessible to the industry and the decision to cut the SFETC was not his, but one made by the government.

Marathon. Lunty powers his way to another victory

For the third year in a row, Brendan Lunty of Camrose, Alta., has won the Saskatchewan Marathon.

Clocking in at roughly two hours 34 minutes, Lunty said Sunday that he was thrilled with his finish. "It feels great," he said in Saskatoon. "To come over first feels really good."

Organizers said the event's 34th year was one of the best races, with some 3,900 participants.

"There have been record numbers this year and the excitement has just grown and grown," said Lorrie Dobni, president of the Saskatoon Road Runners Association.

"People from all over Canada are coming to run our race, and with the bigger profile, the more race money there is for the winners. I think it's drawing more elite racers all the time and I think it's just going to get bigger and bigger."

MORGAN MODJESKI/ METRO IN SASKATOON

Brendan Lunty of Camrose, Alta., won the Saskatchewan Marathon in Saskatoon for the third year in a row. Sunday's win was his fourth overall. MORGAN MODJESKI/METRO IN SASKATOON

World Rowing Cup

Regina rower split-second from gold

Regina's Rachelle Viinberg and her mates on the women's eight rowing team won silver for Canada at the World Rowing Cup on Sunday in Lucerne, Switzerland.

Rachelle Viinberg
CONTRIBUTED

The women's eight team was just .03 off from a gold medal after being edged by the United States, which won in five minutes, 59.26 seconds. Canada's team clocked a time of 5:59.29.

Viinberg (formerly Dejong) is affiliated with the Regina Rowing Club and is a student of naturopathy at the Canadian College of Naturopathic medicine in Toronto.

The men's pair teams also picked up silver, while the men's eight took bronze.

METRO/WITH FILES FROM THE CANADIAN PRESS

Night on the town

Moose on the loose

A moose had to be tranquillized by a conservation officer when it was found hanging out in a downtown Regina parking lot at Albert Street and 13th Avenue on Saturday night.

Police say the moose managed to get downtown through Douglas Park. The animal was tranquillized at 8 p.m. and transported out of the city.

Moose sightings have also been reported in Saskatoon, police there say. METRO

A green fashion machine

Ten Tree Apparel. Who would have thought of Regina to be a good launching pad into the world of fashion?

JEFF MACKEY
jeff.mackey@metronews.ca

Regina's own Ten Tree Apparel is changing the clothing world 10 trees at a time. David Luba, 23, and Kalen Emsley, 23, started the company less than six months ago on a simple principle: For every shirt bought they would plant 10 trees.

Now Ten Tree is in 45 stores from Toronto to Vancouver, it has partnered with the Roughriders and celebrities are wearing its distinctive brand.

"You can feel good about buying it and you can feel good about wearing it, all because there is a different aspect than just fashion attached to it," said Luba. "I think what separates us from our competition is the creative aspect behind the 10 trees. I mean, there are so many ways we can play off that."

In December of 2011 Emsley and Luba put together 65 shirts to sell to friends and family. They were amazed by the response they received and on Jan. 1, they started Ten Tree Apparel.

"After we had tested the market with our buddies, and our buddies' buddies, we decided it was time to get serious," said Luba. "I took some time off school ... and Kalen had to step back and resign from his job."

So far, the pair's gamble has been paying off — they have an appearance this season on CBC's Dragons Den, and everyone from singer Carly Rae Jepson to Jordan Clark of So You Think You Can Dance Canada and hockey star Jordan Eberle are now wearing Ten Tree clothing.

"It's really neat to see people like that wearing our stuff. They have all been really supportive of the idea," said Luba. "If they can promote the product then that promotes a better world and that's what we are all aiming for," said Luba.

Quoted

"We want to be the Apple (Inc.) of the clothing industry."
Kalen Emsley, Ten Tree Apparel

Not many would consider Regina to be a good launching pad into the world of fashion, but Ten Tree has broken the mould.

"Even though Regina isn't known as a fashion capital, I think that almost helped us," said Emsley. "We were trying to get into stores when we just had this small line that was pretty much just printing on blanks and people were really receptive to that, whereas if we were starting in Toronto no one would even listen to us."

Luba added: "Everyone in Saskatchewan has been super supportive; everyone everywhere has been super supportive. I find there are a lot of businesses in Saskatchewan who really want to be green."

Ten Tree is now nominated for a VOLTA award by Enterprise Saskatchewan in the young entrepreneur of the year category.

It has also been nominated for two Achievements in Business Excellence awards by the Saskatchewan Chamber of Commerce. Its nominations include both the Young Entrepreneurs of the Year Award and the Export Award.

From left, David Luba, 23, Lucas Howlett, 19, and Kalen Emsley, 23, are three of the minds behind Ten Tree Apparel. The Regina-based company was created in January and has already expanded from Toronto to Vancouver. JEFF MACKEY/METRO

Roughriders partnership:

- Beginning this season the clothing line will be available at Roughriders stores everywhere. The company is also doing some additional work with the Roughriders cheerleaders.
- "We like to focus on the aspect of being outdoors, working out and living a positive lifestyle, so the fact we can partner with a professional sports team ... is perfect," said Kalen Emsley.
- According to Lucas Howlett, the theme of the Riders line is "Protect Your Turf," which works perfectly with the goals of both companies.

Follow Jeff Mackey on Twitter @MetroJeffMackey

Impact of tree-planting lasts for many years

A shot of a Ten Tree plantation near Edenwold. To date the company has contributed to the planting of 70,000 trees.
CONTRIBUTED/TEN TREE APPAREL

The trees that Ten Tree Apparel promise for each purchase are planted both locally and around the world. Along with a plantation north of Edenwold here in Saskatchewan, the company is partnered with We Forest and Tree Canada, making its reach truly global.

"So far we have contributed to the planting of 70,000 trees," said Kalen Emsley, co-founder of the company. Ten Tree also invites people to enjoy a first-hand tree-planting experience and join the company at its plantation near Edenwold to get some dirt under their fingernails.

The impact of these trees could very well last generations.

"The trees that we plant provide soil restoration and have a good carbon impact," said Emsley. "One tree over a 20-year life can actually take in about one tonne of carbon. So that's quite a significant impact, and if you plant 10 trees over 20 years you are taking in 10 tonnes of carbon out of the air."

According to David Luba, co-founder of Ten Tree, a lot of thought had to go into how many trees they would plant for each purchase.

"Ten is not too much but it's not too little. We wanted to make it enough to have a noticeable impact but didn't want to promise so many trees that it would make us bankrupt. Ten trees was kind of the perfect number," said Luba.

JEFF MACKEY/METRO

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Missing Winnipeg brother and sister found in Mexico

Kidnapped in 2008. Children were kept in a home with barbed wire, security cameras, say media reports

BERNICE PONTANILLA
Metro in Winnipeg

Two Winnipeg children at the centre of a high-profile child-abduction case have been located in Mexico, Winnipeg police have announced.

Siblings Dominic and Abby Maryk were abducted in August of 2008 when they were seven and six respectively. They were on a court-ordered visit with their father, Kevin Maryk, when they vanished.

Since then, their mother, Emily Cablek, and Winnipeg police have worked very hard to find the missing pair, holding press conferences and posting videos in 2009 and 2011 for the safe return of the children.

On Saturday, police issued a media advisory stating that they have been involved in a lengthy investigation with Mexican authorities and "significant developments" occurred on Friday.

Police would not comment further, saying that details will be made public during a press conference on Monday at 11 a.m.

Mexican newspaper Milenio said a Guadalajara man named "Armando" saw a television news report that mentioned the missing children, kids who bore a striking resemblance to two children who for the previous couple weeks had been living in a home in the area of Jardines de los Puentes in Zapopan.

Media reports stated the home was equipped with security cameras and barbed wire. Pornographic materials and drugs were reported seized.

Dominic, right, and Abby Maryk, who were kidnapped in 2008, have been located in Mexico, according to local media. CONTRIBUTED/THE CANADIAN PRESS

Officials say 'nyet' to gay pride in Moscow

Russian cops detain a gay-rights activist during an attempt to hold a pride parade in Moscow on Sunday. Police have detained a dozen protesters demanding the right to hold a gay-pride event. Activists have long petitioned the Moscow government for permission to stage such a parade, but have always been denied.

MIKHAIL METZEL/THE ASSOCIATED PRESS

Grisly roadside incident.

Miami police shoot and kill naked man found eating victim's face

Miami police shot and killed a naked man who mauled another man on a downtown causeway off-ramp on Saturday, chewing on his victim's face as horrified drivers looked on.

Local media reported that gunshots were heard at around 2 p.m. Saturday on the MacArthur Causeway off-ramp.

Witnesses reported seeing a naked man attacking the other man by viciously chewing on his face.

A woman who saw the two men fighting summoned a police officer, who instructed the naked man to back away. When the attacker refused to comply, the officer shot him several times.

Miami police confirmed the shooting in a press release but did not release the identities of the men.

Police did not provide details of the incident, but sources told CBS News that after the attacker was shot dead, police and paramedics were able to rush the victim, whose face had been mauled to the point of being unrecognizable, to Jackson Memorial Hospital's trauma centre.

He is listed in serious condition but is expected to survive.

Javier Ortiz, a spokesman for the Fraternal Order of Police in Miami, told The Associated Press that the officer who fired at the suspect "is a hero and saved a life."

Police have requested video surveillance tape from the Miami Herald newspaper office, which is located close to the MacArthur Causeway.

METRO

Quoted

"Based on the information provided, our Miami police officer is a hero and saved a life."

Javier Oritz, spokesperson for the Fraternal Order of Police in Miami

Leaks

Pope's butler stands accused in scandal

The Vatican's investigation into the source of leaked documents has yielded its first target with the arrest of the Pope's butler, but the investigation is continuing into a scandal that has embarrassed the Holy See by revealing evidence of internal power struggles, intrigue and corruption in the highest levels of the Catholic Church.

The detention of butler Paolo Gabriele, one of the few members of the papal household, capped one of the most convulsive weeks in recent Vatican history.

The tumult began with the publication last weekend of a book of leaked Vatican documents. On Saturday, the Pope's own butler was arrested, alleged to be the mole who fed documents to Italian journalists in an apparent bid to discredit the pontiff's No. 2. THE ASSOCIATED PRESS

Houla massacre

UN condemns Syria after deaths

The UN Security Council on Sunday blamed the Syrian government for attacking residential areas of the town of Houla with artillery and tank shelling and also condemned the close-range killings of civilians there — but avoided saying who was responsible for the massacre of more than 100 men, women and children.

The council said in a press statement after an emergency meeting that the "outrageous use of force" against civilians violated international law and Syrian government commitments under UN resolutions to stop all violence, including the use of heavy weapons in populated areas.

Britain and France had proposed issuing a press statement condemning the attack on civilians and pointing the finger at the Syrian government for Friday's massacre. But Russia called for an emergency council meeting.

THE ASSOCIATED PRESS

NATO airstrike

Afghan coalition disputes deaths

The U.S.-led coalition on Sunday disputed reports that eight civilians, including children, were killed in a NATO airstrike in a remote part of eastern Afghanistan.

Afghan officials said an airstrike Saturday night killed eight members of a family, but a senior NATO official said that so far, there is no evidence of any civilian casualties. The official spoke on condition of anonymity because he was not authorized to disclose the information.

Separately, NATO reported that three coalition service members were killed Sunday in eastern Afghanistan — two during an insurgent attack and one from a roadside bombing.

The coalition said it was working to find out more about allegations that civilians were killed in the NATO operation Saturday night. THE ASSOCIATED PRESS

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Facebook's small investors bitter, divided on next step

Wall Street. In lawsuits, Morgan Stanley is accused of sharing negative analyst report about Facebook with favoured clients

The response from small-time investors to Facebook's debut as a public company has been equal parts frustration, confusion and bitterness. Fed up, some are dumping their shares and accepting the losses. Others, while miffed, are holding on and hoping to ride the stock's eventual success.

Some are irked over reports that Morgan Stanley, which guided Facebook through its public debut, allegedly told only some select clients of an analyst's negative report about Facebook before its stock began trading May 18.

Michael Hines had felt uneasy about Facebook. He thought the shares were priced too high, and the excitement overblown — especially once the company raised its target price for the opening two days beforehand. Yet when the chance arose to buy into the company's $38-US-a-share initial public offering, he seized it.

"I figured: Nothing ventured, nothing gained," said Hines, 61, a retiree and private investor in Boston.

Now, he wishes he'd listened to his misgivings. Instead, Hines watched with dismay as the stock languished on its first day, then slid on its second.

As the lead underwriter for Facebook's IPO, Morgan Stanley was expected to set shares at the highest price it thinks the market will bear. But investors have also come to expect that an initial share price will be low enough so the stock can climb on the first day, when interest typically peaks.

Looking back, some individual investors say they recognize that Facebook's initial $38 stock price was too lofty. It was more than 80 times the company's 2011 earnings per share. The average for companies in the Standard & Poor's 500 index is far cheaper, about 19 times earnings.

Among those who blame their brokers is Joshua Freeman, who said he bought 200 shares in the IPO after his broker at Morgan Stanley Smith Barney asked if he wanted in. Freeman says he's considering closing his account at Morgan Stanley.

Television correspondent Sabrina Quagliozzi reports from inside the Nasdaq MarketSite in New York's Times Square on May 21.
RICHARD DREW/THE ASSOCIATED FILE

Morgan Stanley disputes the allegations. "We have clearly put clients' interests first by correcting pricing on some trades that were mispriced because of trading glitches beyond our control," the company said in a statement.

THE ASSOCIATED PRESS

CP Rail. Ottawa to table back-to-work legislation

The Harper government is expected to introduce legislation ordering striking workers at Canadian Pacific Railway Ltd. back to work on Monday after talks with the union broke off.

CP Rail and the union representing 4,800 workers who have been on strike since Wednesday confirmed that talks had broken off with little hope of resumption.

"With the mediator withdrawing and the federal minister releasing the parties this afternoon, the legislative process can now commence," said Ed Greenberg, a spokesman for CP Rail.

Labour Minister Lisa Raitt said she still hoped the parties could agree on a process that would end the strike, but made clear she would not wait long. Raitt said government officials have been talking with impacted industries, farmers and the mining sector, and the reports are that the strike is "starting to actually affect their operations."

"That's the kind of national economic significance we are looking for in order to intervene," she told CTV's Question Period.

The minister gave notice of intention to intervene shortly after Wednesday morning's walkout halted the company's freight-train service across the country, meaning she can table the bill as early as Monday and strikers can be ordered back to work later in the week.

As she did with two previous labour disputes — affecting Air Canada and Canada Post — Raitt cited the damage to Canada's fragile economic recovery for quickly bringing the strikes to an end.

Labour issues such as the back-to-work legislation, along with growing resistance to new employment insurance rules unveiled last week, are likely to dominate the agenda in the House, which resumes Monday after a week's recess.

THE CANADIAN PRESS

Quoted

"What we're talking about is the prolonged effect of a strike.... That's when you start seeing some really significant effects on the economy."

Labour Minister Lisa Raitt

CABINET SHUFFLE DEALS OUT SAME OLD SUITS

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

I'm notorious for noticing the wrong thing.

Premier Brad Wall no doubt spent weeks poring over the options for Friday's cabinet shuffle, trying to match the right man for the job (and as 14 out of 18 members of the new cabinet are men, at least I got the gender right).

It was quite the political tsunami: Seven people in, seven people out. Major portfolio changes: New ministers of justice, health, education, economy, energy and resources, corrections, and agriculture.

But when the vast majority of the ministers — coming and going — are grain-fed white guys with single-syllable handles like Brad, Bill, Don, Tim, Jim, Ken, Lyle, Gord and Russ, with the odd Randy thrown in there for syllabic balance, has anything really changed?

Much too uniformity

"Check out the team photo. Even the ties are from the same end of the spectrum. The proverbial Martian Who Just Landed might be forgiven for thinking that in Saskatchewan, at least, they like to clone the government."

Check out the team photo. Even the ties are from the same end of the spectrum. The proverbial Martian Who Just Landed might be forgiven for thinking that in Saskatchewan, at least, they like to clone the government.

This otherwise unexamined celebration of homogeneity in a land that now depends on diversity for its future makes you go "Hmmm," especially if you're from anywhere in Asia, South America and Africa. And where do most of the immigrants come from these days?

You guessed it.

This is not so much colourblindness as an absence. It's hardly the premier's fault. As you go over the list of 58 democratically elected Saskatchewan MLAs, with the exception of a tiny cadre of aboriginal MLAs who were here first, the available gene pool was permanently established in 1958.

Someone will point out we're a nation of immigrants (if you go back, oh, 14,000 years that includes the aboriginal people) and that goes for Saskatchewan, where the plains were settled by hardy, hard-working immigrants from Europe. Now their descendants rule the roost and there's a new generation of hardy, hard-working immigrants looking to repeat the pattern.

Unfortunately for Saskatchewan, which needs immigrants now more than ever to fill thousands of jobs, they want to do it in Toronto or Vancouver or even Winnipeg, where everyone is a visible majority.

Meanwhile, the feds aren't helping by closing the Regina immigration office and tightening the rules to favour immigrants who can speak the language and are relatively well off. I suspect that would eliminate a few of the current members of the cabinet whose forebears met neither criterion.

The future of this country is diversity. Full stop. And by almost any measure, the Saskatchewan cabinet is not diverse.

I don't imagine this will be on the agenda of the first meeting of the new cabinet, but at least I can dream in colour.

A crowd waves flags in front of the Saskatchewan legislature May 15 to protest changes to the province's immigration rules. JENNIFER GRAHAM/THE CANADIAN PRESS

Wild horses won't drag him away

MARTIN MEISSNER/THE ASSOCIATED PRESS

Endangered species

Feral herd caught once a year

A man catches a young wild stallion in Duelmen, Germany, on Saturday.

It is believed that this 350-hectare reservation in western Germany is home to the last herd of wild horses on the European continent.

THE ASSOCIATED PRESS

Young bucks wrangle young stallions

Europe's last wild horses are driven into an arena, where young men pick out and catch the young stallions. Once a year the newborn stallions are caught and sold. All mares stay with the herd and guarantee the survival of the endangered species.

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Metropolitan Panel

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What's the most overrated burger topping?

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@JamieCBCweather
Another gloomy day #yqr! I can not wait until next weekend in the 20s! #skcbc

@ShelbyJanlyn
@smashPATRON it's free car wash day in #yqr #rainyday

@PhilDallSmith
Tuesday kicks off five days of sunshine. Is anyone else eager to move to a beach? It has been Sleepy Hollow out there. #Yqr #OutdoorIssues

@RiderFanTyler
I can't believe how much it has rained in #YQR

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I came to #yqr because I thought it would make me a better person. I wound up being a telemarketer #whyqr

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SCENE

Box office

Men in Black 3 takes down Avengers

The suits have knocked off the superheroes at the box office. Will Smith and Tommy Lee Jones' sequel Men in Black 3 debuted as the No. 1 movie in the U.S. over the weekend with $55 million from Friday to Sunday. That bumps Disney's The Avengers into second-place after three blockbuster weekends on top for the superhero sensation. The Avengers took in $37 million over the three days to push its domestic total to $514 million and become only the fourth movie ever to top half a billion dollars.

THE ASSOCIATED PRESS

On the web

After threats of violence, Lady Gaga cancels Indonesia's Born This Way Ball show.

Rachel Nichols stars in Continuum, which premiered on Showcase last night. HANDOUT

Nichols heads into sci-fi territory with Continuum

New TV series.
Actress plays cop from 2077 sent back to the present in Canadian sci-fi drama airing on Showcase

IAN GORMELY
scene@metronews.ca

Where many actors snub sci-fi and fantasy as frivolous genres where canny ideas and special effects take precedence over story and character, Rachel Nichols sees them as immersive playgrounds.

"I love the escapism and using your imagination," says the actress, whose past credits include Conan the Barbarian, GI Joe: The Rise of Cobra and JJ Abrams' Star Trek reboot. "Given the genre it's completely believable and it's fun."

Her love affair with make-believe continues with her starring role in the new Canadian series Continuum, which premiered on Showcase last night.

Nichols plays Keira Cameron, a cop from the year 2077 accidently sent back to the present where she tries to stop a political uprising before it can change the course of history.

Keira is "a little bit robotic," she says. "Human relations are not her strong suit." But while her hard-boiled intensity is a hallmark of the series' first episode, Nichols says the character will get a chance to loosen up over the course of the show's 10-episode first season. "The fish out of water theme gets played with."

The show's creators already have story arcs for the first two seasons tentatively planned out in what Nichols calls the show's Bible.

But Nichols prefers to discover things as her character does. "I don't like to look at that," she says. "I like to be on a need to know basis."

Unsurprisingly, Continuum is shot in Vancouver, a city that's played host to a bevvy of sci-fi shows in the past including the X-Files, Stargate SG-1 and Battlestar Galactica.

Despite her previous roles, Nichols had never visited the city until this January, but she thinks the cityscape lends itself to future worlds. "It's so believable, the architecture with the arenas," she says. "It is the future."

TV and film

Throughout her career Nichols has flipped back and forth between television and film making with regular appearances on Criminal Minds and Alias as well as landing dramatic roles in Shop Girl and Charlie Wilson's War.

- But where there was once a stigma against film actors doing television, these days, few people make a distinction between the two mediums. "I like bouncing back and forth," she says. "That great divide doesn't exist anymore."
- More importantly, she says, the time it takes to get a project to air is significantly shorter than getting a film into theatres. "TV is almost like instant gratification."

Actor avoids stereotypes in hockey hit Goon

Montreal actor Marc-Andre Grondin was fortunate enough to land his first English-language role in the gleefully violent hockey hit Goon, which pounded down its Hollywood competition to top the Canadian box office upon its release in February.

But given how the Quebecois actor exaggerated his slight accent for the role of the druggy, underachieving sniper Xavier Laflamme, he said the offers haven't exactly been rolling in.

"With the accent I have in the movie, I don't know if I'm going to get more jobs in English," laughed Grondin during a recent interview in Toronto.

Indeed, the 28-year-old speaks English with far more fluid confidence in person than he does in the film, which cast him as a hot-shot scorer relegated to the minors after his talent dissolved in a haze of drugs, booze and women.

The roommate to the sweetly savage titular character played by Seann William Scott, Laflamme eventually begins to rediscover his scoring touch as their rag-tag squad climbs the standings.

Grondin was already friends with Montreal actor Jay Baruchel — who co-wrote and stars in the film, which will be released on DVD on Tuesday — prior to landing the role. So he felt comfortable relaying his concerns about an early draft of the script that saddled his character with a few too many Quebec stereotypes.

"I was just like: 'I think we need to tweak it a bit because I really don't want to be the guy who (makes) everyone in Quebec say traitor!'" said Grondin, who starred in 2005's Genie Award-winning C.R.A.Z.Y.

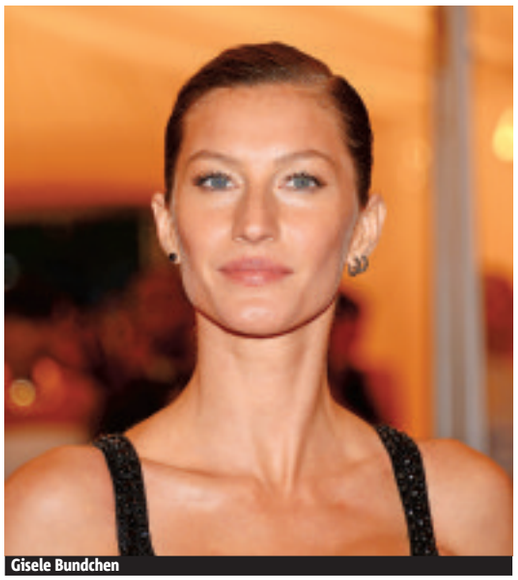
"I can laugh at myself, I can laugh at my culture, but ... I didn't want the fact that the character is French-Canadian to be the comic relief."

THE CANADIAN PRESS

Liev Schreiber, left, and Seann William Scott square off in a scene from Goon.
CONTRIBUTED

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Gisele Bundchen

Gisele Bundchen and Tom Brady await baby number two

Gisele Bundchen and Tom Brady are expecting a second child, if the Brazilian supermodel's friends can be believed. Bundchen reportedly confided in several pals — including Givenchy fashion designer Riccardo Tisci — that she's two months pregnant, according to Brazilian Web site FamosasArtistas.com. Another baby would seem about right for the couple, as Bundchen has previously said in interviews, "I want to have a big family. I love kids."

Quoted

"I want to have a big family. I love kids."

Gisele Bundchen

Sean "P. Diddy" Combs

Puff Daddy photographer blows off steam

Sean "P. Diddy" Combs' recent Twitter boasting about his plans to blow $2 million at a Miami strip club drew the ire of one disgruntled freelance photographer. Rob Hoffman claims he completed a job for Diddy in February but has still not been paid — and he took to Twitter himself to call out the hip-hop mogul. "Infuriating when you fight to get paid by people who are bragging about throwing 2 mil around at a f--ing strip club," Hoffman posted.

The Word

Glee star Cory Monteith takes a stand for at-risk youth

THE WORD
Kate Webb
scene@metronews.ca

Before 30-year-old Victoria native Cory Monteith was belting out ballads on hit TV musical comedy Glee, he was a troubled youth struggling with drug addiction and the issues that often come with a broken home.

These days he's a goodwill ambassador for RE*Generation, an initiative to address youth homelessness supported by Virgin Unite, the charitable arm of Sir Richard Branson's Virgin Group of companies.

Metro sat down with the six-foot-three triple-threat in Vancouver on Friday to talk about how more than $50,000 in grants from Virgin Unite will help local at-risk youth. The money is going to the Broadway Youth Resource Centre, and a theatre program for youth called Project Limelight.

(Sorry, Glee fans, questions about the show and his budding romance with co-star Lea Michele were strictly off limits!)

M: How did you become an ambassador for RE*Generation?

CM: I started with RE*Generation on behalf of Virgin Unite three years ago in Toronto, something like that, raising awareness of Canada's national youth homeless problem: how many homeless youth there are in the country. It's such a developed, wealthy nation really, per capita. That shouldn't be a problem.

M: Is that something you saw a lot of growing up on Vancouver Island?

CM: Sure. It's strange to grow up in a place like Victoria. It's beautiful. It's a postcard, with all these tourists coming from all over the world to see this beautiful city, you know, miniature little British town, and you have kids sleeping the streets and stuff in sleeping bags, in doorways. It doesn't seem congruent, it doesn't work, doesn't seem right, and I think it's systematic. It's not a matter of resources or ability to fix the problem, it's just a matter of finding the people that are actually going to do something about it at a community level."

M: What does Project Limelight mean to you personally?

CM: This is the same woman (Maureen Webb, co-founder of the Project Limelight Society), the same program under a different guise, that started me and sort of ignited my passion for the arts. It's the reason I started acting, so my heart is close to this program because it's inspiring kids to do something different, get involved in their community. The networking that happens for these kids, they get to all know each other. It's priceless, and it brings people together, and it keeps people out of trouble. It did for me.

CANADIANS CAN DONATE $5 TO VIRGIN UNITE AND RE*GENERATION BY TEXTING REGEN TO 30333.

Keira Knightley ALL PHOTOS GETTY IMAGES

Keira Knightley engaged to Klaxons' James Righton

Keira Knightley is reportedly set to marry British musician James Righton, according to Hollyscoop — though details about the privacy-minded actress' plans are hard to come by. Righton, a member of the band Klaxons, recently moved into Knightley's London home, and the pair are apparently planning to expand the household: "They want to get a puppy. It's all pretty serious," a source says.

Will Smith

Reporter snubbed, MIB style

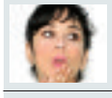
The Ukrainian red-carpet reporter who tried to kiss Will Smith — and ended up getting a slap from the Men in Black 3 star instead — is very, very sorry. "I just tried to kiss him in the cheek and he moved his head so fast," the reporter, Vitalli Sediuk, says in an interview with Hip Hollywood. "Then it turns out that I wanted to kiss him in the mouth or in the ear. It was chaotic." Overreactions aside, Sediuk regrets how things went down. "I do apologize for my behaviour," he says. "I think it was too much. Now I understand that it was too much."

Twitter

@BetteMidler
If I had to do what people used to do, like weaving and making their own shoes, I'd be naked and barefoot.

@50cent
Fun facts I'm the reason artist have mix tapes in song format. As much as we would like to can't rewrite history. I AM STREET KING

@SethMacFarlane
In some parallel universe there's an ad for a new sitcom that says "Based on the stand-up comedy of Ethan Hawke".



@SarahKSilverman
gonna go the other way with it & live for your sins

3 LIFE

Pregnancy

Watch your weight

If an expectant mother hopes to limit her chances of giving birth to an abnormally large baby, new research suggests her wisest course of action would be to control her own weight both before and during her pregnancy.

The study, published in the Canadian Medical Association Journal, challenges a growing consensus in the scientific community that elevated glucose levels in the mother are primarily responsible for overly large babies, a condition known as macrosomia.

Researchers at four Toronto-health institutions (Mount Sinai Hospital, Hospital for Sick Kids, St. Michael's Hospital and University of Toronto) conducted the study in response to a growing trend among medical professionals treating women for gestational diabetes, a temporary form of the disease only contracted during pregnancy.

Scientists monitored 472 women to gauge the effect of maternal weight, blood sugar and lipid levels on the size of a newborn child.

That data, published in the online issue of the Journal of Maternal Fetal and Neonatal Medicine, found that excessive weight gained during pregnancy increased the chance of producing a large baby regardless of whether the mother herself was overweight.

THE CANADIAN PRESS

On the Web

States urged to do better in aiding grandparents, other relatives who fill child-raising void

Mommy shaming: From 'Tan Mom' to Time mag

Parenting. Is it ever OK to judge mothers in the spotlight?

LINDSAY CROSS
Mommyish.com

This recent Time cover has caused much examination of mommyhood.

The Olympics are coming this summer. Let me tell you that if "Mommy Shaming" were up for a medal, there would be some fierce competition. Just how critical can we be when it comes to moms and their choices? I've recently gotten some first-hand knowledge that proves what a serious issue this has become.

I was pretty shocked when the simple act of allowing my daughter to occasionally put on make-up for special events created an internet backlash that didn't just take up mommy message boards, but landed a sidebar on the Yahoo homepage. While I never expected everyone to agree with me, because that's just ridiculous, I had no idea that so many people would choose to make huge assumptions about me and my life based on a five-minute snapshot of my daughter and me.

I was told that I'm a horrible parent who doesn't know how to discipline my child and might be "inviting" predators to assault her. All this over lip gloss and blush.

But the more I thought about this surprising outrage, the more I realized that I was just a small blip on the radar for mommy shaming everywhere. I was lucky.

For whatever reason, our culture has decided that it's perfectly acceptable to tear apart women for their parenting shortcomings. In fact, we seem to enjoy it.

The perfect example might be the story of "Tan Mom," a New Jersey woman who was arrested for possibly endangering her daughter by taking her to the tanning bed.

Patricia Krentcil's seriously bizarre appearance sparked a media frenzy, discussions of tanning addiction and of course, concern for Krentcil's five-year-old daughter who turned up to school with a severe sunburn.

But this story has been so much more than a mom who seems to have a severe addiction. It's been a huge joke, appearing on SNL and prompting an insulting exchange with Jersey Shore's Snookie. Before we even know exactly what happened, we've all judged, tried and convicted this woman. She claims that her daughter got burnt playing out in the sun, and if you see the little girl's red hair and pale complexion, it's easy to assume that she reacts really strongly to a little sunlight.

"Tan Mom" and her legal issues are a glowing reminder that we still need to educate people on the dangers of skin cancer. It's a reminder that addiction can take many forms. And it might even be a situation in which this little girl needs a new home until her mother can come to terms with her mental health issues. But did it need to be a circus where we all point and laugh at the crazy lady?

Whatever the questionable parenting practice is, there's probably a group of upstanding citizens ready to rip a mom to shreds because of it. Look at the controversial Time magazine cover.

Women who don't breastfeed are made to feel like horrible failures who are selfishly denying their children. But now women who discuss breastfeeding into the toddler years are warned that they're ruining their children for the rest of their lives. For a while it was Tiger Mothering, now it's Attachment Parenting that will get to face scrutiny and contempt.

Let's not even get started on Toddlers & Tiaras. As we've discussed plenty of times at Mommyish (a parenting website), we're firmly against the show that encourages women to sexualize and exploit their daughters on the kiddie pageant circuit.

But does that practice justify the serious hatred and vitriol that these women seem to inspire in people? I'm just not sure anymore.

The fact is, we all seem to feel pretty comfortable passing judgment on parents for big or small offences alike. So often, we see extreme stories like T&T or "Tan Mom" and we don't have a problem piling on the negativity. Lately, we're allowing that mentality to come out at smaller and smaller debates. And we're letting a single facet of a parent's life become the only thing that matters about them and their children.

Some moms, like June Cleaver (above) from Leave it to Beaver or Happy Days' Mrs. Cunningham (below), were considered by some TV viewers as being the perfect mothers . H/O

At Mommyish, a woman was criticized ruthlessly because she didn't know the dangers of organic toothpaste (no fluoride equals cavities for her toddler). And apparently, that single lapse in judgment makes her too "stupid" to adequately raise a child. This mistake is so egregious to some that she received the Holy Grail of mommy insults, "I feel sorry for your kids."

Maybe I'm still a little defensive, but I think in general that the kids will be alright. The new generation of little ones will adapt to the cultural changes just like we have.

It's the moms that I worry about. What divisive parenting practice will come up next, leaving a whole new set of moms open to ridicule and hostility?

Obviously, I think it's important to talk about parenting. I do it everyday. I think that having discussions about parenting practices helps us all make more informed decisions. But I also think that this openness and communication has led to the vilification of moms for big and little offenses alike.

We don't have to agree on everything. But as parents, maybe we should start trying to support each other, even when criticism feels like the natural reaction. Maybe we should step back and ask, "Is this practice actually endangering a child?" Because if the answer is no, hold back on those insults and try discussing your opinions without passing judgment or insulting anyone. The truth is that almost all moms are just trying to do the best they can. We simply all have different ideas of what that is. It doesn't make some right and some wrong, it makes us different. That's OK. We can still support one another.

The melt-in-your-mouth goodness of mushrooms

This recipe serves two. NEWS CANADA

This sandwich has the brightness of goat's cheese, the twang of lemon zest and a generous amount of herbs.

Parmesan brings richness and melting goodness, while chili flakes add personality and heat.

Even with all of that, the mushrooms are the star — crimini, shiitake and king oysters are pan-roasted in butter until their bouncy flesh goes dense and robust.

1. In small bowl, combine chèvre, 2 tablespoons of Parmesan, herbs and lemon zest. Mix lightly. Set aside.

2. In cast iron skillet over medium heat, melt butter. Once bubbling, add chili flakes, raise heat to medium-high and add mushrooms. Cook 2 mins, stirring often, then add shallot and season with salt and black pepper. Continue to sauté until mushrooms browned and most of moisture has evaporated, 6 mins. Remove from heat, check for seasoning, and stir in thyme. Set aside.

3. Divide cheese mix over bottom halves of buns. Sprinkle reserved parmesan over top, then place open sandwiches under hot broiler until cheese is golden and bread is toasted.

4. Meanwhile, toss arugula with olive oil, lemon juice and season with salt and pepper.

5. When the sandwiches are ready, pile half of the mushrooms on one cheese toast. Drizzle with olive oil if desired and top everything with arugula and top piece of bread. Repeat with the second sandwich.

NEWS CANADA/ MUSHROOMS.CA/ TARA O'BRADY OF SEVEN SPOONS BLOG

Ingredients

- 3 ½ oz fresh chèvre
- ½ cup grated Parmesan
- 1 tbsp minced parsley
- 1 ½ tsp minced chives
- Grated zest from half a lemon
- 1 tbsp butter
- ⅛ tsp dried chili flakes
- 3 oz crimini, cleaned and trimmed, cut in halves or quarters, depending on size
- 3 oz king oyster mushrooms, cleaned and trimmed, sliced lengthwise
- 3 oz shiitake mushrooms, cleaned and trimmed, torn into rough pieces
- Kosher salt and freshly-ground black pepper
- ½ tsp fresh thyme leaves
- 2 medium buns, split
- ½ cup loosely packed arugula leaves
- Extra-virgin olive oil for drizzling
- Juice from half a lemon

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Burgers are a lunch favourite but you need to watch those toppings and side dishes because the usual suspects will cost you in calories, fat and sodium.

Montana's Canadiana Burger with Fries

1,480 calories/ 89 g fat/ 29 g saturated fat/ 3,150 mg sodium
This burger's fatty Peameal bacon, Colby cheese and mayo result in a day's worth of calories and fat.

Equivalent

Aside from the fat, calories and two days worth of sodium, the Canadiana Burger from Montana's is equal to one cup of salted butter in calories.

Montana's Sirloin Burger with Mashed Potatoes

880 calories/ 48 g fat/ 20.5 g saturated fat/ 1,580 mg sodium
This burger can be loaded with veggies. Mashed potatoes save you more than 300 calories.

The fresher the better

Buying into local farmers' produce

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Hello, I've been to many farmers markets but what are community-supported agriculture farms?
Jennifer of Edmonton

Community-supported agriculture farms, or CSAs, are similar to your local farmers' market in that they get you one step closer to the farmer who grows your food.

What's different is that you also get closer to the risk involved in growing food. You too will be watching the weather, monitoring the rain gauge and hoping for bumper crops!

Not to be confused with many local and organic buying clubs or home delivery services, a CSA allows you to buy in (with shares) at the start of the growing season.

In turn, you receive your dividends in the form of onions, zucchini, strawberries and more!

As the consumer, you pay a CSA farmer a set fee that allows you to enjoy the farm's bounty with the inherent risk of farming spread across a larger group of people.

Although each CSA is unique, you'll likely get a wide variety of fresh, delicious, and often certified organic produce.

What you won't get is a guaranteed specific amount and list of produce each week.

It's best to contact a CSA in your area to find out how it operates. Sometime shares are work-free; others require you to help sow seeds, weed and harvest.

Some farms also offer eggs and meat either as part of the share or to be purchased separately.

In Alberta, check out CSAAlberta.com for a list of growers. Other provinces have networks of CSAs as well.

Many deliver to your door or offer drop-off sites from about June to October. Sign up for a CSA farm to enjoy locally sourced food that's picked at the time of ripening and to support local farmers and sustainable farming practices.

SALES REPRESENTATIVE

Metro Regina is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:
- Manage and grow an assigned retail sales territory
- Design advertising programs to reflect clients' objectives
- New Business Development
- Creatively negotiate rates
- Sell a portfolio of Metro branded products

REQUIREMENTS OF THE POSITION:
- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 4, 2012. PLEASE QUOTE: "Sales Representative - Regina" in the subject line. All submissions will be treated as confidential.

metro

Visit Leslie Traill's website at sexyoversixty.com.

She's making a list, and marking it 'life'

It's never too late for a turnaround. Leslie Traill is helping those around her reach their full potential

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Leslie Traill is a master of career reinvention.

From the legal profession, to the fashion world to becoming a successful life, health and wellness coach, Leslie has grown and evolved along with her career.

She says the keys to reinventing yourself are having the courage to act on your ideas, overcoming fear and doubt and then identifying tangible goals.

"Write down what you want to accomplish in a month then break it down to what you can do per week and each day. You make yourself accountable and that's what I found to be the most important thing in reinventing myself. When you look at your list and it's all crossed off you have an incredible sense of accomplishment and it gives you the strength and self confidence to move forward to the next day."

Now in her sixth decade of life, Leslie says she's cracked the code of youthfulness and is passing it on to her clients through meditation and coaching.

"I empower women aged 45 and beyond to live vital, youthful, healthy and focused lives. Change your mind, change your body, change your life!"

Write it down

"When you look at your list and it's all crossed off you have an incredible sense of accomplishment and it gives you the strength and self confidence to move forward to the next day." Leslie Traill

Game plan

A coach's advice

- Be clear about your passion and take tangible steps to make it happen. Go for it.
- Write down where you want to see yourself in five years. Then do monthly, weekly and daily planning.
- Break down the doable steps to get there and make them your goals.
- Allow yourself to make mistakes and don't allow any naysayers to put out your passion.
- Create a team. If you surround yourself with like-minded people it allows you to get over the little humps in life on your way to success.

GRAPHIC DESIGNER

Reporting to the Sales/General Manager, Metro Regina, the right candidate will join Metro's dynamic and award winning Creative Services team. We're looking for an eager Graphic Designer whose portfolio and experience reflects that of print, online and mobile graphic design and who possesses a successful track record of the professional delivery of deadline driven projects in an extremely fast paced environment. The ideal candidate will also possess a good knowledge of print design and production, specifically for newspaper and magazine print advertising, and will have the skill set of an online graphic designer using web based media.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising, online, mobile and print production knowledge
- Quality assurance of design and layout prior to sending to clients
- Professional contact with internal and external clientele
- All other duties as assigned

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design and animation, comprehensive and complete software knowledge including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Flash, Photoshop, Illustrator, Image Ready and Dreamweaver
- Proficient on both PC and MAC platforms
- Knowledge in optimizing images for web and mobile (optimal file sizes, file formats etc) while maintaining small file sizes
- Basic understanding of HTML and CSS
- Ability to prep files for print production
- Expert in file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive in a deadline driven, creative and dynamic environment with strong attention to detail (typography, copy, grammar, layout, images, colour etc)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment
- Must be a quick problem-solver, who initiates projects and who takes a pro-active/smart approach
- Post secondary degree or diploma in Web Design, Animation and/or Graphic Design
- A marketing background and/or work experience at an agency or in marketing would be an asset
- 2-3 years design experience within a newspaper environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 11, 2012. PLEASE QUOTE: "Graphic Designer - Regina" in the subject line. All submissions will be treated as confidential.

metro

Can video games help us to learn?

BRUCE WALSH
Metro News in Philadelphia

When you open up a new video game, do you read the instructions? Of course not. It's just more fun to jump in and start pressing buttons. And, according to author Karl M. Kapp, that's an instinct that educators should harness.

In his latest book, The Gamification of Learning and Instruction, Kapp lays out his vision for appropriating the principles of video game design for the classroom.

Surprisingly, his theories have little to do with online learning and more to do with the nuts and bolts of the traditional classroom.

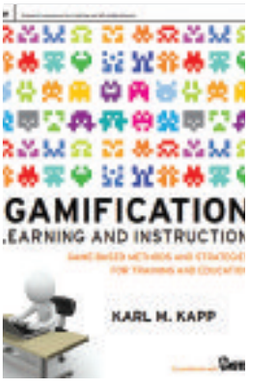
"If we're clever about it, we can get to what really matters in games: It gives people a sense of purpose and mission, and it taps into our internal drives to overcome challenges," says Kapp, a professor at Bloomsburg University.

"It's about thinking like a game designer. They think challenge first, interactivity first, engagement first. In training, we tend to think content first. But content doesn't mean anything unless it's in a certain context."

For Kapp, at the heart of a well-designed course is providing students with an opportunity to learn as they fail — to throw away the instruction manual and get right to work.

"Recently I oversaw an investigator training class, and the first day they said: 'Today we're going to learn the model for investigating,'" explains Kapp.

"I think that's a bad model. As soon as the person walks into the class, you should say, 'Look, someone's been accused of embezzling $10,000. What are you going to do?'"



Common themes

Kapp has identified four common themes of video game design that can be applied to college-level lesson plans.

1. **A challenge put forth at the outset of the course.**
2. **Integration of the student's experience into a narrative.**
3. **Constant feedback on individual progress.**
4. **A freedom to fail without penalty.**

X-ray technicians produce images of internal organs and bone structure to help diagnose medical problems. GEORGE DOYLE/STOCKBYTE/THINKSTOCK

Specialize. X-rays and ultrasounds are critical

JON TATTRIE
For Metro

One was a revolutionary discovery that won the Nobel Prize while the other is a technology born of the Titanic disaster, and both X-rays and ultrasounds are a critical part of Canada's health-care system.

The two fields are related and some technicians are trained to operate both, but most specialize as either a radiological technologist or an ultrasound technician. X-rays primarily deal with people who have been injured, while ultrasounds are largely used to monitor pregnancies.

Julie McHugh is a radiological technologist for Capital Health in Halifax. She mostly works in the operating room, but also covers the emergency room and walk-in clinics. She likes the work variety, but says the round-the-clock shift work can take a toll.

"It is rewarding, but it can be stressful at times because working in the emergency, we do have the trauma situations," she says.

X-ray technicians produce images of internal organs and bone structure to help diagnose medical problems. They also educate patients about what is happening and ensure they receive the lowest possible amounts of radiation during the treatment. Most work in hospitals or private clinics.

X-ray technologists must complete a two- or three-year college or hospital program in diagnostic radiography, or have a bachelor of health sciences in the field, plus undergo a period of supervised training. Licensure with a regulatory body is required in all provinces. Certification by the Canadian Association of Medical Radiation Technologists is required in all provinces except Quebec.

Ultrasonography has its roots in the sinking of the Titanic, which compelled scientists to find better ways to detect underwater icebergs. An advanced version of that sonar technology is used today to monitor pregnancies, as well as to diagnose heart problems and brain disorders. Students must complete a three- to four-year university course in sonography and register with the relevant authorities.

Almost all ultrasound technicians work in hospitals, with a few employed by private clinics. Both radiological technologists and ultrasound technicians earn between $38,000 and $50,000.

McHugh says as well as having an aptitude for the technical work and a talent for problem solving, the job requires strong people skills to deal with other medical staff and patients.

Your career checkup

Trends. Chronic diseases and elder care will impact health-care field in the coming years

YLVA VAN BUUREN
For Metro

The aging population and the prevalence of chronic diseases are two huge trends that will impact careers in health care in Canada in coming years.

"We must think through how we organize health-care services for the growing population of seniors," says Judith Shamian, president of the Canadian Nurses Association, Ottawa, "to make sure they stay as healthy and functional and at home for as long as possible."

According to the Canadian Institute of Health Information (CIHI), 93 per cent of seniors live at home and that's where they would like to stay for as long as possible.

At the same time, chronic diseases such as diabetes, heart disease, obesity and cancer are now the biggest global cost drivers in health care, says Shamian.

Here is a look at how these trends may translate into health-care careers.

DISEASE MANAGEMENT AND PREVENTION

By 2025, one in four Canadians will be older than the age of 65. And three-quarters of seniors have at least one chronic health condition, says Kathleen Morris, director of health system analysis and emerging issues at CIHI, Ottawa.

GERONTOLOGY

There is a growing need for health-care providers who specialize in the elderly. Research shows that seniors actually do better when they are cared for by doctors who specialize in the care of older adults — or geriatricians, says Dr. Ken Rockwood, geriatrician, professor and director of geriatric medicine research at Dalhousie University, Halifax.

Explore the many rewarding careers available in the health-care field. STOCKBYTE/THINKSTOCK

INTEGRATED CARE

Integrated care will become more important with collaboration between the different health professionals.

HOME HEALTH CARE

Home health care is important for seniors who want to remain at home, but also because people are increasingly discharged early from hospital and still require continuing care, says Pam Nordstrom, director of the School of Nursing at Mount Royal University in Calgary.

TECHNOLOGY

Engineering and computer sciences have a role in health care because they can help make a home and public facilities more senior friendly — from memory aids to bigger utensils and shower chairs.

Alberta Health Services

JOB OPPORTUNITIES
For All Healthcare Professionals

Alberta Health Services (AHS) is one of the leading healthcare systems in Canada, responsible for the delivery of healthcare to more than 3.7 million Albertans. We operate more than 400 facilities, including acute care hospitals, cancer treatment centres, community health centres, and mental health & addiction facilities. AHS values the diversity of the people and communities we serve and is committed to attracting, engaging and developing a diverse and inclusive workforce.

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- urban & rural opportunities
- work/life balance
- make a meaningful difference
- full time or part time positions
- new & established facilities
- opportunities for growth
- flexible hours
- diverse workforce
- world class education, recreation & leisure
- gain valuable work experience
- opportunities to realize your potential

www.albertahealthservices.ca/careers

For more information email careers@albertahealthservices.ca or search and apply for jobs on our website
/AHSCareers

4 SPORTS

UFC

"It's not bad for a nice guy, huh?... Frank Mir is a really good fighter, too. I came here to defend my belt, and I did it."

UFC heavyweight champion Junior Dos Santos, who picked apart two-time ex-champion Frank Mir with superior boxing throughout their title fight on Saturday in Las Vegas, eventually sending Mir stumbling onto his back before finishing him with one last blow to the head.

NHL playoffs

"It doesn't matter whether it's your first year or your fifth year. So, you don't get picky when these opportunities come along. You enjoy every minute of it, as much as you can, because it's awful tough to get here."

New Jersey Devils head coach Peter DeBoer. The Devils advanced to the Stanley Cup final with 3-2 overtime win over the New York Rangers in Game 6 of the Eastern Conference final on Friday night in New Jersey.

On the web

Marty McSorley hopes the Kings stick it to the Devils. It was 19 years ago that the former pugilist was whistled for an illegal curve on his stick in Game 2 of the 1993 Stanley Cup final against Montreal. The penalty led to a Habs win on their way to a Stanley Cup victory. Scan the code for the story.

Canada's Ryder Hesjedal kisses the trophy after winning the 95th Giro d'Italia Sunday in Milan. FABIO FERRARI/THE ASSOCIATED PRESS

Hesjedal storms to victory in Italy

Giro d'Italia. 31-year-old is first Canadian to win one of cycling's three major tour races

Canada's Ryder Hesjedal didn't realize history was within his grasp until he was about five kilometres from the Giro d'Italia finish line.

Aware he had a chance to overcome Joaquin Rodriguez's 31-second overall lead in Sunday's final stage, Hesjedal broke out onto the streets of Milan determined to keep victory from slipping away.

Only near the end did he find out he would become the first Canadian to win one of cycling's three major tour races.

"Nothing anyone could have said to me could have changed how hard I rode," he said.

Hesjedal took 34 minutes 15 seconds to complete Sunday's 28.2-kilometre individual time trial in sixth — 20 places ahead of his Spanish rival. His 16-second margin of victory was the second closest in Giro history.

"It's just been an unreal experience from Day 1, what the team was able to do. It's unbelievable," said the Victoria native, who finished the race in 91 hours 39 minutes two seconds. "This is incredible. It's a dream come true."

Like the rest of the riders, Hesjedal had been through a demanding mountain ride to the top of the Stelvio Pass in northern Italy on Saturday.

"Yesterday was extremely hard," he said. "I got through it and I knew as I was on the helicopter descending into Milan that I still had a shot. This morning I just felt incredible on my bike and I knew I could do it."

Though he hadn't taken his victory chances seriously before the race, Hesjedal's thinking started to change after he first wore the overall leader's pink jersey in Stage 7.

"The day I pulled on the jersey for the first time, I knew I was good and could accomplish something great and that drove me harder."

Prime Minister Stephen Harper was among the Canadians celebrating.

"This remarkable win in one of bicycle racing's most gruelling competitions is a testimony to Mr. Hesjedal's training, endurance, skill and competitive spirit," Harper said in a statement.

THE CANADIAN PRESS

Bright future

Hesjedal, only the third non-Italian to win the Giro d'Italia in 15 years, said that his win will do wonders for cycling in Victoria and hopefully inspires the next generation of Canadian cyclists.

- "I think Canadian cycling is at the highest level it's ever been and I think this will just continue that movement," he said. METRO

Golf

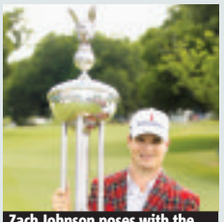
Johnson on top again at Colonial

Zach Johnson was so caught up in the emotion of another Colonial title and a victory in honour of his caddie's late father that he forgot to properly remark his ball before his final putt.

Even with a two-stroke penalty, Johnson won by one over Jason Dufner and got to slip on the plaid jacket Sunday for his first victory since also winning at Hogan's Alley two years ago.

"There's a number of adjectives I'm calling myself right now. And lucky would be the biggest one," Johnson said.

THE ASSOCIATED PRESS



Zach Johnson poses with the trophy Sunday in Fort Worth, Texas. GETTY IMAGES

NFL

Lions' Nick Fairley arrested on DUI charge

Detroit Lions defensive tackle Nick Fairley has been arrested in Alabama on charges of driving under the influence and attempting to elude police, his second arrest in his home state in two months.

Alabama state troopers say the 24-year-old passed a state trooper early Sunday morning at 100 mph in his Cadillac Escalade in unincorporated Mobile County. THE ASSOCIATED PRESS

MLB. Darvish fights pain as Rangers rock Blue Jays

Yu Darvish had to deal with an upset stomach and a sore lower back. At least he didn't have the misfortune of facing the bruising Texas lineup.

Adrian Beltre homered during a seven-run second inning, Darvish posted his seventh victory and the Rangers defeated the Toronto Blue Jays 12-6 on Sunday for a three-game sweep.

"I did tell the coaches that I wasn't feeling good," Darvish said through a translator. "I could have gone six or seven innings. In the end, the manager made the decision to stop me."

Darvish (7-2) breezed through the first two innings, but gave a run in each of the next three innings and was pulled. He threw 93 pitches on, allowing seven hits and walking three.

THE ASSOCIATED PRESS

Quoted

"I'm not looking at it as an injury. I feel comfortable saying that I should be able to treat this and be ready for my next start."

Yu Darvish, on his sore back

Formula 1

Webber's win in Monaco leaves title race wide open

If Mark Webber's victory in the Monaco Grand Prix from pole position came as no surprise given the nature of the track, the Australian's triumph on Sunday still made Formula One history and left the championship even more open after six races of a thrilling season.

For the first time ever in the sport, a sixth different driver has won each of the six opening races.

THE ASSOCIATED PRESS

Auto racing. Franchitti pulls off Indy 500 hat trick

Dario Franchitti stamped his name in the record books, as a three-time winner of the Indianapolis 500.

But this was not about Franchitti: It was all for Dan Wheldon.

Franchitti won a wheel-to-wheel, last-lap battle Sunday, sailing away to the checkered flag when Takuma Sato spun out trying to make one last pass on the inside and slammed into the wall. Franchitti's Chip Ganassi Racing teammate Scott Dixon crossed the finish line right behind the Scotsman.

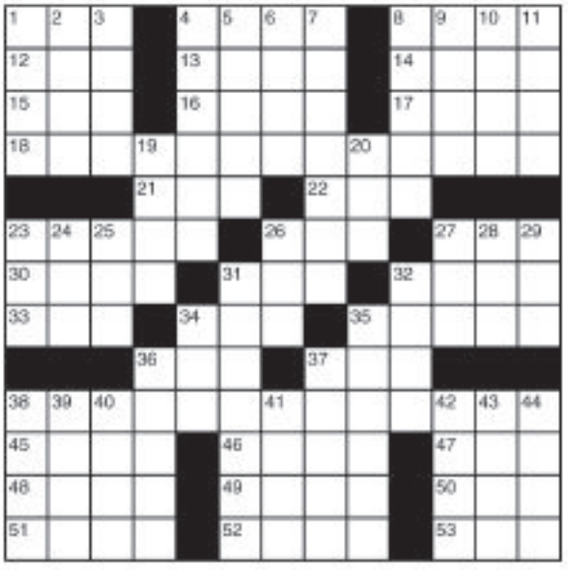
Third went to Tony Kanaan, making it a podium sweep for Wheldon's three closest friends in the IndyCar series. Wheldon, the defending race winner, was killed in the October season finale, and the entire day was in honour of D-dub, their fallen friend. THE ASSOCIATED PRESS

Dario Franchitti celebrates in victory circle Sunday at Indianapolis Motor Speedway. THE ASSOCIATED PRESS

Crossword

Across
1 Throttle
4 Urban fleet
8 Fellow
12 Carte lead-in
13 Make eyes at
14 Late-night talker
15 Scale member
16 Disposition
17 Table scraps
18 1978 Warren Beatty movie
21 Nevada city
22 Heavy weight
23 Mawkishly old-fashioned
26 A handful
27 Dracula, at times
30 Saharan
31 Massachusetts cape
32 Dog sledder's "giddyap"
33 Cribbage scorer
34 Carton
35 Emptily talkative
36 Get dressed in
37 Writer Fleming
38 1980 Chevy Chase movie
45 Peregrinate
46 Sandwich treat
47 Sapporo sash
48 Unaccompanied
49 Kennel cries
50 Supporting
51 Tournament format
52 Meyers of SNL
53 Nourished

Down
1 Long cut
2 Shaving-cream additive
3 Festive
4 Beautiful
5 Great pain
6 United nations
7 Tranquilized
8 Circus performer
9 Zeus' sister
10 Con
11 Mail
19 Hawk
20 Promptly
23 Upper limit
24 Raw rock
25 Predetermine the outcome
26 "The Simpsons" network
27 Clear the tables
28 Donkey
29 Biblical possessive
31 Protective escorts
32 Opposite of 26-Across
34 Downy accessory
35 Winter boot
36 Minion of Satan
37 Clumsy / 38 Roughly
39 Basketball goal
40 Gilligan's Island cast member
41 Pennsylvania port
42 Opposite of 36-Across
43 Reed instrument
44 Encircle

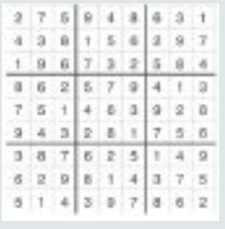


Sudoku

3						6	4	
	4	6			5			
		7			1	9		
8				6			1	
	5	3				2	8	
	7			2				3
		4	1			3		
			7			4	5	
	9	2						6

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

HW Q AGGYEQDY YIHKZ CQY KG MCGGUI GDI OSIWISSIY YQZ GW KCI AIIR, AGJEY HK OHMR UQKZS-YQZ?

Yesterday's Cryptoquip: IF YOU'RE CHEERING FOR A MAN WHO'S PLAYING TUG OF WAR, COULD YOU SAY THAT'S PULLING FOR HIM?

Today's Cryptoquip Clue: G equals O

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Make an effort to notice what goes on around you. If you keep your eyes and ears open you could make some serious money.

Taurus | April 21 - May 21. Get daily tasks out of the way as quickly as possible. You may or may not get a pat on the back for your efforts but it doesn't matter.

Gemini | May 22 - June 20. The stars suggest that something special is on the way.

Cancer | June 21 - July 22. Today you can finally put a name to your fears and work out why it is that you have been so uneasy of late.

Leo | July 23 - Aug. 22. Your path to success is through reaching out to other people. Work harder to bring down barriers that have been standing in the way of good relations.

Virgo | Aug. 23 - Sept. 22. It's time to get serious about your career. Take advantage of opportunities before they leave you behind.

Libra | Sept. 23 - Oct. 22. Nothing is out of reach once you make the decision to go for it. Remember that — and act on it.

Scorpio | Oct. 23 - Nov. 21. A problem that has been nagging away at you in recent weeks can be dealt with directly now.

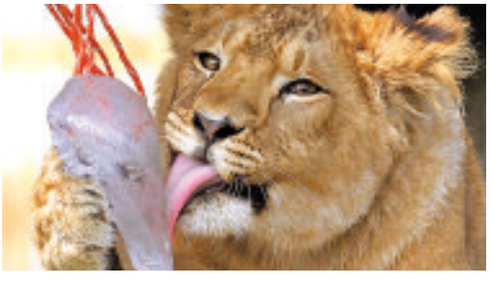
Sagittarius | Nov. 22 - Dec. 21. Your challenge this week is to work with other people without letting their little ways irritate you — too much.

Capricorn | Dec. 22 - Jan 20. Today there may well be occasions when you act out of character and take risks that usually you would avoid like the plague.

Aquarius | Jan. 21 - Feb 18. Decide what it is you want to achieve, hold that vision in your mind's eye, then do the things that will make it happen. It's that easy.

Pisces | Feb. 19 - March 20. You may have to make some concessions over the next few days, including putting old disputes and disagreements to one side.

SALLY BROMPTON

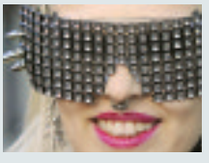


Caption Contest

"I hope this isn't one of those things your tongue freezes to!"
Maria

ANDREW MILLIGAN/PA/THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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